

Appendix Table 1. Types of Serious Fall Injuries by Intervention Group for Men and Women

	Men				Women			
	Physical Activity		Health Education		Physical Activity		Health Education	
	N=271		N=266		N=547		N=551	
	People*	Injury†‡	People*	Injury†‡	People*	Injury†§	People*	Injury†§
Fractures, No. (%)	14 (5.2)	15	27 (10.2)	33	52 (9.5)	56	49 (8.9)	51
Facial	2 (14.3)	2 (13.3)	4 (14.8)	4 (12.1)	1 (1.9)	1 (1.8)	2 (4.1)	2 (3.9)
Hand or finger	1 (7.1)	1 (6.7)	3 (11.1)	3 (9.1)	4 (7.7)	4 (7.1)	5 (10.2)	5 (9.8)
Lower arm or wrist	1 (7.1)	1 (6.7)	1 (3.7)	1 (3.0)	14 (26.9)	14 (25.0)	11 (22.4)	11 (21.6)
Elbow	1 (7.1)	1 (6.7)	0 (0.0)	0 (0.0)	2 (3.8)	2 (3.6)	6 (12.2)	6 (11.8)
Upper arm	3 (21.4)	3 (20.0)	7 (25.9)	8 (24.2)	3 (5.8)	3 (5.4)	5 (10.2)	5 (9.8)
Rib	2 (14.3)	2 (13.3)	4 (14.8)	4 (12.1)	8 (15.4)	8 (14.3)	4 (8.2)	4 (7.8)
Pelvis	0 (0.0)	0 (0.0)	1 (3.7)	1 (3.0)	2 (3.8)	2 (3.6)	4 (8.2)	4 (7.8)
Hip	2 (14.3)	2 (13.3)	8 (29.6)	10 (30.3)	11 (21.2)	11 (19.6)	7 (14.3)	7 (13.7)
Upper or lower leg	1 (7.1)	1 (6.7)	1 (3.7)	1 (3.0)	2 (3.8)	2 (3.6)	0 (0.0)	0 (0.0)
Knee	0 (0.0)	0 (0.0)	1 (3.7)	1 (3.0)	2 (3.8)	2 (3.6)	5 (10.2)	5 (9.8)
Ankle	0 (0.0)	0 (0.0)	1 (3.7)	1 (3.0)	5 (9.6)	5 (8.9)	2 (4.1)	2 (3.9)
Foot or toe	2 (14.3)	2 (13.3)	0 (0.0)	0 (0.0)	2 (3.8)	2 (3.6)	4 (8.2)	4 (7.8)
Other	0 (0.0)	0 (0.0)	2 (7.4)	2 (6.1)	4 (7.7)	4 (7.1)	1 (2.0)	1 (2.0)
Hospitalisation, No. (%)	9 (3.3)	9	18 (6.8)	22	27 (4.9)	28	26 (4.7)	26
Fracture	5 (55.6)	5 (55.6)	17 (94.4)	20 (90.9)	22 (81.5)	22 (78.6)	18 (69.2)	18 (69.2)
Head injury	2 (22.2)	2 (22.2)	2 (11.1)	2 (9.1)	3 (11.1)	3 (10.7)	5 (19.2)	5 (19.2)
Consequence of long lie	1 (11.1)	1 (11.1)	2 (11.1)	2 (9.1)	1 (3.7)	1 (3.6)	1 (3.8)	1 (3.8)

Other serious injury	2 (22.2)	2 (22.2)	0 (0.0)	0 (0.0)	2 (7.4)	2 (7.1)	6 (23.1)	6 (23.1)
Fractures or Hospitalisations, No. (%)	18 (6.6)	19	28 (10.5)	35	57 (10.4)	62	56 (10.2)	59

*For Fractures, hospitalisations, and fractures or hospitalisations, the denominator includes all participants randomised to the specific intervention group.

†The denominator includes all injuries for the specific injury subtype. Some participants had more than 1 serious fall injury event, and some events included more than 1 type of injury.

‡For the physical activity and health education groups, the rates per 100 person-years were 2.75 and 5.09 for all serious fall injuries, 2.17 and 4.80 for fall-related fractures, and 1.30 and 3.20 for fall-related hospitalizations.

§For the physical activity and health education groups, the rates per 100 person-years were 4.35 and 4.05 for all serious fall injuries, 3.93 and 3.50 for fall-related fractures, and 1.96 and 1.78 for fall-related hospitalizations.